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An Essay

on

Idiopathic Dyspepsia

Submitted to the Medical Faculty

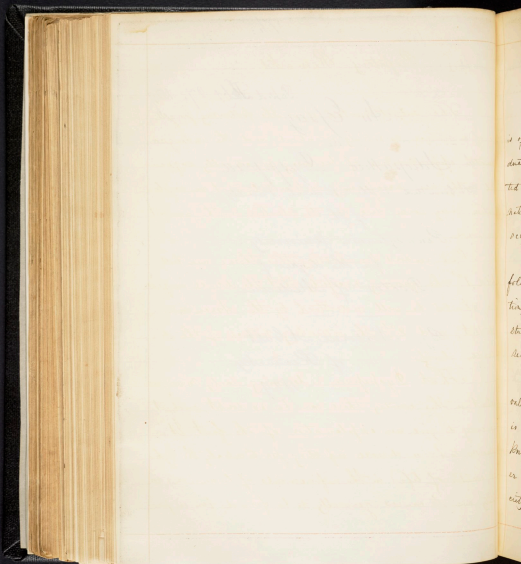
of the

Pennsylvania University

for the degree of

Doctor of Medicine

By Norborne A. Galt  
of Kentucky  
1829.



## Prefatory Remarks.

The subject treated of in the following pages, is of a nature so entirely practical, and the undergraduates opportunities of becoming practically acquainted with, are necessarily so limited, that an explanation may seem due for its selection on the present occasion.

Our reasons for choosing this theme are twofold, 1.<sup>st</sup> The growing necessity, that the disease in question, should be well understood by the American student; and 2.<sup>nd</sup> The interesting nature of the disease itself.

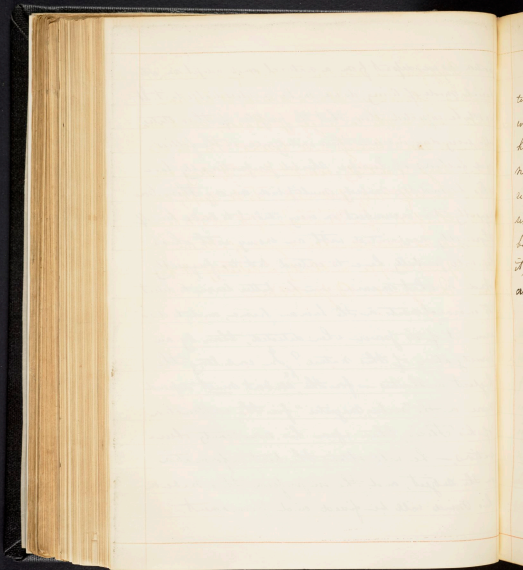
That Dyspepsia is becoming daily more prevalent in this country, there can be no doubt; and it is easy to give an explanation of the fact. It is known to be a disease infesting particularly the higher walks of life: in the refinements of luxurious society, are its causes generally to be found; for in prac

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portion as we depart from a natural and adopt an artificial mode of living, do we make ourselves liable to it. It was to be expected then, that the people of these States, who every day increase their indulgence in the follies and fashions of Europe, should proportionally have this formidable Malady multiplied among them. Consequently it is incumbent on every student to make himself thoroughly acquainted with an enemy, with which he will probably have to contend but too frequently. And in what manner can he better learn to detect its encroachments on the human frame, and to disarm it of its power when detected, than by an investigation of this nature? In consulting the highest authorities — for the <sup>he</sup> student must depend more on the "verba Regium" for the construction of his Thesis, than upon his own scanty observations, — he will obtain the best information on the subject; and the impression thus made on his mind will be fixed and permanent.



Dyspepsia is, moreover, in itself of a most interesting character. It is a disease, it has been well said in the language of Bacon, "which comes home to men's business and concerns." For he who now-a-days is entirely exempt from it, may consider himself truly fortunate. To be deeply sensible, therefore, <sup>of the importance of</sup> a knowledge of it, and to have bestowed no inconsiderable degree of attention upon it, appears ample authority in selecting it for an Inaugural Dissertation.

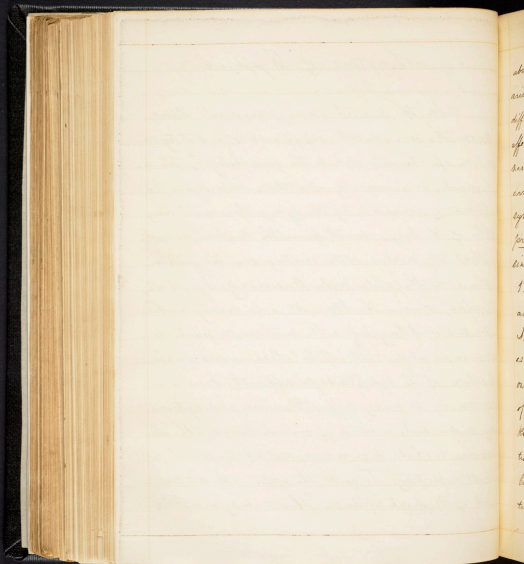
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## Symptoms of Dyspepsia

In the present state of medical knowledge the paramount importance of a healthy condition of the stomach to the well-being of the individual, is universally admitted. This organ, so intimately connected by its sympathies with every other of the body, cannot be in the least disordered, without its morbid state exerting an extensive influence on the whole animal economy. Dyspepsia, therefore, wherein the stomach is so deeply involved, does not exist long, before the most remote parts become implicated. It is this which renders a classification of its symptoms so difficult. For being excited by so many different causes, and appearing under such a variety of circumstances, the phenomena to which it gives rise, are numberless, and so difficult to portray. To quote the words of the most elegant of Medical writers - "This malady, or rather



abstract of all maladies is, in itself such a Proteus;  
arises from so many different causes; assumes so many  
different shapes; produces so many strange and contrary  
effects, that it is almost as difficult to give it a  
name as to describe its ever varying features." That  
arrangement, according to which the most prominent  
symptoms are enumerated as they appear in the  
principal organs, being deemed on the whole the most  
simple and easy, will be followed in this paper.

1.<sup>st</sup> As they appear in the Stomach. Among the 1<sup>st</sup>  
are heartburn, distention, with acid eructations.  
St. Drake (Ex-Prof. of Trans. Univ.) mentions  
as a common symptom, which he experienced in his  
own person, and frequently heard others complain  
of - viz a feeling as if there were present a  
kind of blond, cold liquor, which induces the pa-  
tient to resort to stimulating potations to get rid of it,  
but in vain. The appetite is often ravenous, or to-  
tally annihilated; sometimes fastidious, and at others

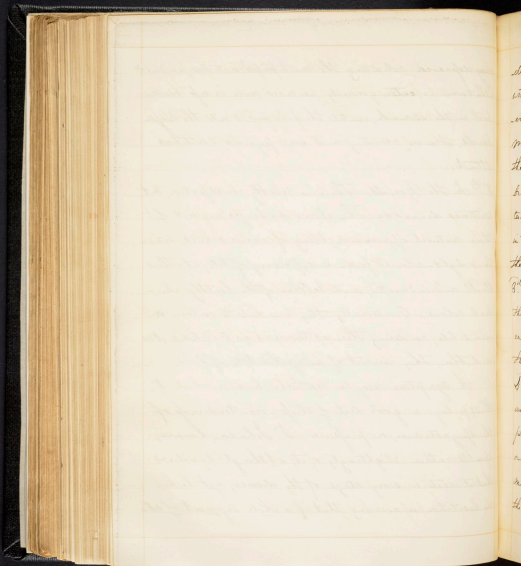




very depraved, rejecting the most nutritious articles, as diet.<sup>ry</sup>  
Whatever is eaten generally produces more or less discomfort  
in the stomach, until the food passes into the larger  
bowels. Stomach, vomiting and even pyrexia, sometimes  
attend.

2.<sup>nd</sup> In the Bowels. There is mostly constipation, but  
sometimes diarrhoea. The alvine discharges are not of  
their natural appearance, being of various hues, some-  
times light-colored from a deficiency of bile; at others  
black and indurated; and seldom of the healthy choco-  
late color. Occasionally they are said to contain an  
viscid bile, rendering them as tenacious as bird-shine. Now  
and then, they consist of undigested bits of food.

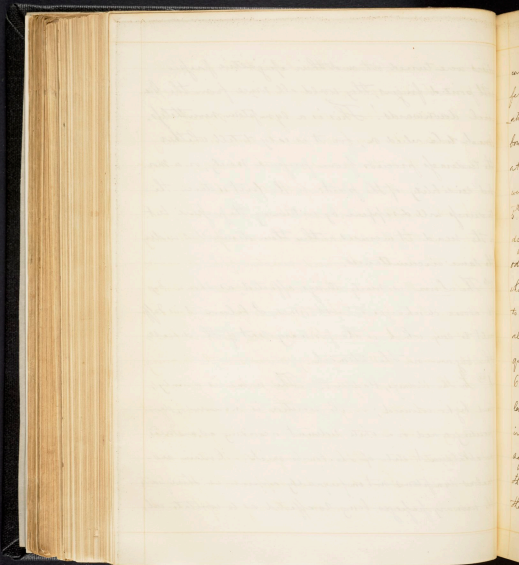
A symptom may be noticed here, on which Dr.  
Phillips, lays a good deal of stress - viz - tenderness of  
the Epigastrium or praepura. Dr. Johnson, however,  
speaks rather slightly of it, although he allows  
that it exists in every stage of the disease, yet he has  
no hesitation in asserting that if a whole regiment of sol-



diets were turned out and their epigastric pressed with pointed fingers, they would all rise from the bed - and downwards! This is a symptom, nevertheless, much to be relied on; for it is easy to tell whether the tenderness proceeds from pure pleurisy, or a morbid sensibility of the part: in the first instance, the tenderness will disappear by continuing the pressure, but in the second it increases rather than diminishes under the same circumstances.

3.<sup>rd</sup> The Liver is nearly always affected, as shown by the above discharges &c. At times, I believe it is difficult to say which is the primary seat of the disease, the organ or the stomach.

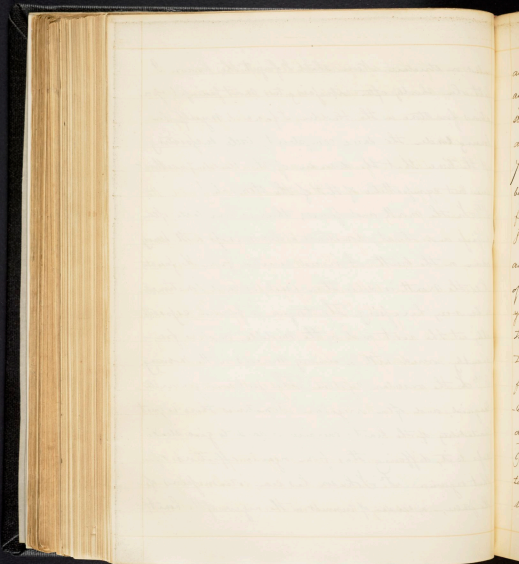
4.<sup>th</sup> In the Kidneys, Hæmaturia &c. The urine is scanty, and high coloured; or its secretion is increased, depositing a red or a white sediment, according as an acid or alkaline state of the fluids exists. Certain anomalous symptoms not infrequently appear in these parts, the urinary passages being so affected as to imitate cal,



cules or structure. Never shall I forget the honor I felt when, shortly after witnessing two most painful operations for stone in the bladder, I found myself laboring under the same complaint, little suspecting at the time that the disorder of the bladder, urethra & ure are but sympathetic of that of the stomach!

5.<sup>th</sup> In the mouth and fauces, there is some taste, often dyspepsia and thirst, sometimes a dysmiasis with heavy odour on the breath. A viscid secretion from the fauces, while the mouth is drier than usual, is said sometimes to be very harassing. The tongue is furred, especially at the root and in the middle, and is frequently covered with a creamy mucus in the morning.

6.<sup>th</sup> In the vascular system. The pulse is generally laeuid, and often irregular. Sometimes there is great irritability of the heart: anacris is said to give steadiness to it, differing thus from organic affections of that organ. F. Johnson has seen intermissions of the pulse, - a sense of tumult in the region of the heart,

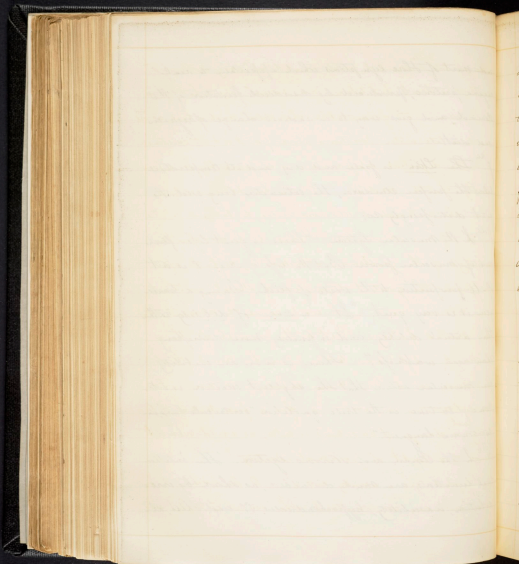


and most of these symptoms which appertain to real  
angina pectoris, produced by disordered function of the  
stomach, and give way to a radical change of regimen  
and diet.

<sup>7<sup>th</sup></sup> The Skin is pale and dry, and its temperature  
below the proper standard, the extremities being cold; the  
feet distressingly so.

<sup>8<sup>th</sup></sup> In the Muscular System. There is great loss of flesh  
and of muscular power. But the loss of strength is out  
of all proportion to the waste of flesh. During a parox-  
ysm it is very great. "It is a sense of debility rather  
than actual debility, and infinitely more distressing  
than real weakness." There is such an inability  
for muscular action that the slightest exertion is im-  
possible; so true is the true quotation "ventricule languis-  
co, omnia languent."

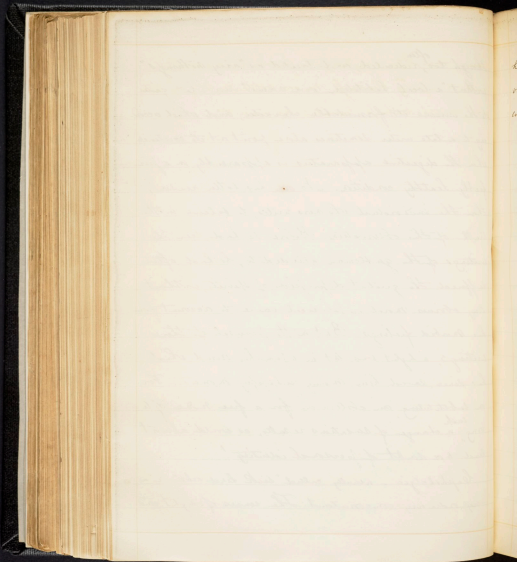
<sup>9<sup>th</sup></sup> In the Brain and Nervous System. The intelli-  
gent functions are much disturbed, as shown by irra-  
tionality, inactivity, hypochondriasis &c. and these, al-



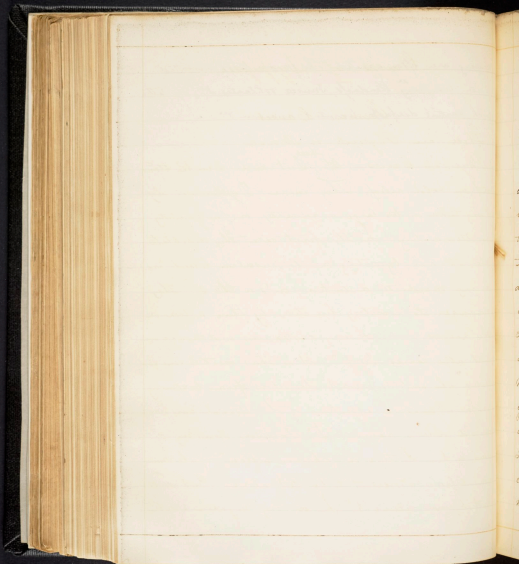


though too <sup>often</sup> ridiculed, and treated as "airy nothing" without "a local habitation or a name" are what give to the disease its formidable character, and which according to a late writer sometimes alone point out its existence when the digestive apparatus is apparently in a perfectly healthy condition. No one has better reason, than the individual who now writes, to believe in the truth of this observation. Before he had seen the writings of the gentleman alluded to, he had often suffered the greatest depression of spirits, without any obvious moral or physical cause to account for his morbid feelings. But on the perusal of these writings, a light was let in upon his mind which has since saved him many unhappy moments. For, on substituting an abstinence for a free mode of living, <sup>such</sup> a change of condition results, as would almost lead to a doubt of personal identity!

Cephalalgia - usually called "sick head-ache" - is a very ordinary concomitant. The senses of sight and



hearing are often affected; the former with inverted  
vision, temporary <sup>or</sup> blindness, *Musca volitans* &c.; the latter  
with partial deafness, *timulus aurium* &c.



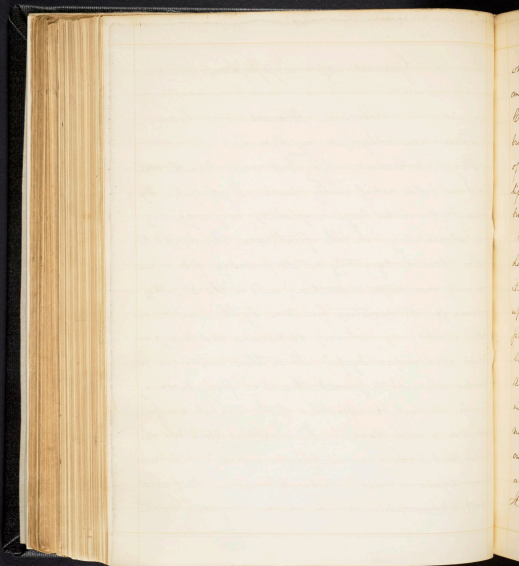
## Causes of Dyspepsia.

### Remote Causes

There are Physical or Moral

Physical Causes. If <sup>these</sup> Diet and Drink stand out in bold relief. They cause Dyspepsia by being taken in too large a quantity, or of a quality too stimulating. In the first case, they debilitate the stomach by acting on its muscular fibres, producing inordinate distention; and in the 2<sup>d</sup> they derange its secretory function by their action on the nerves.

A very abstemious and meagre diet also causes Dysp.<sup>a</sup> It is thus created in females who wish to prevent themselves from becoming groggy. Neuralgic affections of the stomach are produced in like manner. Dr. Jackson, speaking of this, in his Lecture on chronic inflam<sup>n</sup> of the mucous tissue, advises it to be left alone. But would not Opium relieve it? In a very singular work



which I have just been perusing, the "Confessions of  
an Opium-eater" (supposed to have been written by  
Coleridge, the Poet) the author mentions having  
brought upon himself a most painful affection of  
of the stomach by great fasting and hunger in early  
life, and to the relief which opium afforded he attributes  
his first indulgence in that "selectest drug."

Sedentary habits ~~are~~ <sup>are</sup> a fruitful source of Dyspepsia,  
hence females and children suffer so much from  
it. A due degree of exercise is necessary to keep  
up an equilibrium in the circulating system; every  
part of the body must be supplied with its proper  
share of blood, else congestion will take place in  
some organs, while others have not their share. Thus  
in the sedentary, the muscles of locomotion being  
not much used, little blood is distributed to them,  
and they become small and inactive, while the  
abdominal viscera, - the stomach particularly, from  
the stimulus of alimentation, - receive more than

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their proportion, and disorder - in function at least  
is finally the result. Connected with sedentary habits,  
application of mind, is a most powerful cause of  
Dyspepsia. Indeed, this disease may be considered the  
curse of the studious, for it is a melancholy fact  
that the mind is seldom cultivated to any extent  
but at the expense of the body. In comparing the  
brain so much concerned in the operations of  
the intellect, that it does not radiate on the sto-  
mach that influence which is necessary for the pro-  
per performance of its functions? or do intellectual  
operations merely produce pre-disposition to disease  
by keeping up in the encephalon a state of irita-  
tion, whereby it is transformed into a permanent  
focus of irritation; and its irritability becoming  
established in the ganglionic nerves, the movements  
of the viscera become disordered under the influence  
of the slightest causes? Having acquired this de-  
gree <sup>of</sup> irritability, individuals easily contract in a



inflammations from food, drinks &c &c. So says M. Brownie.

In this country where there are so few crowded and ill-ventilated places, bad Air cannot be a very frequent cause of Syph.<sup>\*</sup> But in Europe it is considered a most prolific source of the disease. It is in great cities - among "the dwarfing City's pale abortions" - we are to look to this as a productive cause. Its operation must be almost entirely limited here to the votaries of pleasure and of science, who in their crowded halls inhale an atmosphere contaminated by the breath of hundreds.\* Atmospheric vicissitudes have here, however, their full sway; and when we consider the extent of

\* As an exemplification of this remark (if it needs any) contrast the Medical student! of this, or any other school, at the beginning and the close of the course. One comes from the country, perhaps, with the rose upon his cheek, vigor in his limbs; his whole appearance, in short "redolent" of health. Long before the close of the course, however, he becomes pale, emaciated, dyspeptic; his very looks seeming to cry out with the poet, "O thus quoniam to aspicimus!" Such I believe to be the effect of the vitiated air we breathe.

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surface on which they eat - the whole skin - and its intimate sympathies with the stomach, we are not surprised to find that impurities made there should so materially affect the digestive organs. A dyspeptic does not feel tolerable in a humid atmosphere.\*

Too little Sleep is said to cause Dyspepsia. Also excessive indulgence in it. How can we fix the period of sleep necessary for health, when the quantum needed varies according to temperament? It is said, for instance, that Napoleon only slept four hours; and Prof. Caldwell (as he says!) only sleeps three hours & 1/4 in 24 hours - and a case is even related in the Med. Obs. Review from the Dict. des Sc. Med. - of a distinguished Parisian gentleman who was accustomed to sleep only 1/4 of an hour! (Bred at Padua!) The average quantity which we ought to recommend, however, is probably six or seven hours, and much <sup>more</sup> or less than this is detrimental.

Tobacco in this country is a very frequent agent

\* Hence the number of suicides in England ('Morrie England') in the damp and close north of Worcester.

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in the production of the disease under consideration, and  
no doubt often exists as a cause misapprehended. Dr. Blay-  
den relates in his Lectures an interesting case of a distin-  
guished gentleman, old, though of a robust frame, and  
accustomed to much exercise as a practicing lawyer, yet  
was so much affected with the disease that he felt  
too timid at times to make a motion in Congress, and  
could not now concentrate his mind sufficiently to write  
a letter; he moreover, suffered from loss of sleep &c. He  
applied to Dr. G. for relief, who told him the cause; he  
left off tobacco, and recovered very soon. It is thought  
by Dr. Drake, that persons of the sanguine tempera-  
ment may use tobacco with some impunity; the phleg-  
matic with more, as the Hollanders to whom it may  
be beneficial on account of their fogs &c. But they of  
the bilious temperament, the temperament as the elo-  
quent Prof. styles it, of genius and of great degree,  
of excessive sensibility of body and mind, — cannot use  
it without much ill consequence.

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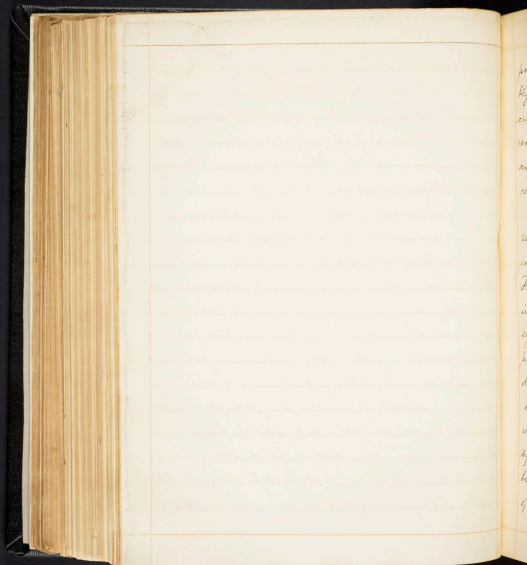
As to the abuse of medicines, say ye swallowers  
of pills and potions, how often dysp<sup>a</sup> is generated in  
this way! Dr. Broussais, and all similar writers,  
have probably done more harm than any medical sys-  
tem of medicine which has had its day and is now no  
more. For few "dip into" a medical book and read the  
symptoms of diseases, without fancying themselves afflic-  
ted with every malady about which they read, and they  
physic themselves accordingly. The fate of many a  
good constitution, gradually pushed and purged into  
a dyspepsia, and perhaps finally destroyed altogether,  
may be read in that of the Italian Count who "was  
well, wished to be better, took phycis, and died!"

Decayed teeth, the reception of chronic eruptions,  
Excess in honey, &c. &c. also produce dysp<sup>a</sup> but  
upon which we have not time to dwell -

It is the duty of a Christian to be  
in the world, but not of the world.  
The world is a place of temptation,  
and the Christian must be on his guard  
against its influences. He must  
remember that he is a pilgrim  
on earth, and his true home is  
in heaven. He must therefore  
live a life of holiness, and  
avoid all that is unclean and  
immoral. He must also be  
kind and merciful to all men,  
and strive to do good to every  
one who comes in his way.  
In this way, he will be able  
to stand firm in the midst of  
the world, and will be able to  
bring glory to his Father in  
heaven.

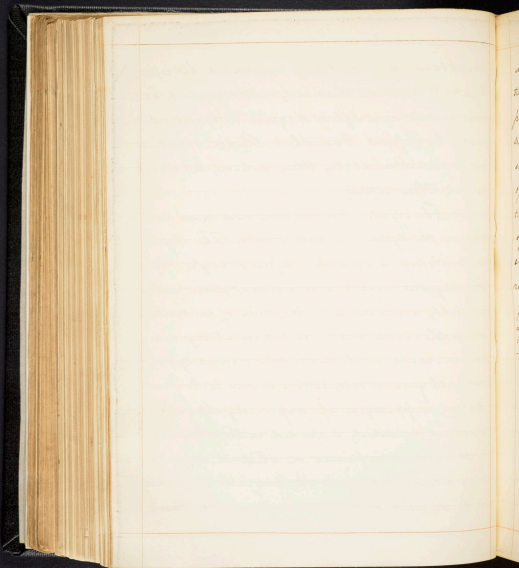
## Moral Causes.

In cultivated society there are supposed to operate in producing Dyspepsia in an almost equal degree with the Physical Causes. Nor need we be surprised at this. With the operation of the physical causes there is connected commonly an imprudence on the part of the individual without which they would in a measure be harmless; for over them we fortunately have control, and they may be counteracted by ourselves, in most cases at least, — if we are wise — "entata causa, tollitur effectus." For instance, a particular article of diet may produce in us the disease; we abstain from it, and get well. But over the emotions of the soul, who has command? Who, that lays claim to the least sensibility, can help the anguish of grief at the loss of friends? Or who is cold philosopher enough to see without

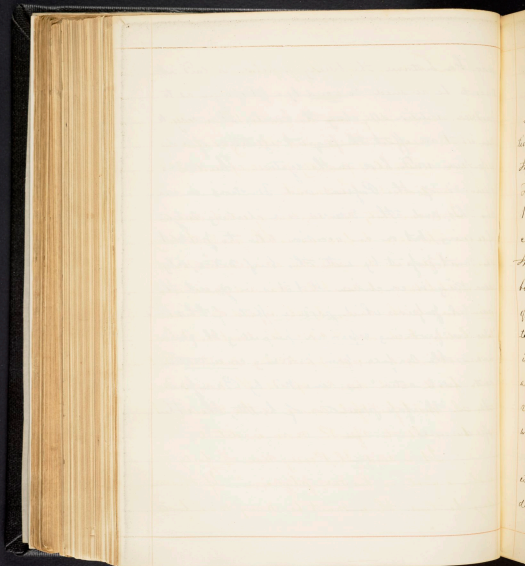


perturbation, his ambition disappointed, his hopes  
blighted? In short there are numberless daily oc-  
currences in civic life to disquiet the mind and  
excite the Passions. Over these, Reason may have  
an influence in abating their violence, but cannot  
control them entirely.

The effects of the Passions and moral con-  
ditions on the system are well known. The chylo-  
poietic viscera in particular suffer through them.  
The digestive organs and nervous system are so  
intimately connected - by the union of cerebral and  
sympathetic nerves, - that every strong im-  
pression made on the latter (the nervous system)  
does not fail to extend its influence to the former.  
During a paroxysm of passion, digestion is  
weakened or entirely suspended in the stomach  
by the nervous influence on which it depends  
being interrupted; and the liver, with the <sup>other</sup> portion  
of the digestive apparatus, suffers in the same



way. For instance, the biliary secretion is said at times to be rendered so acid by a fit of anger as to produce irritation all along the bowels. It is easy to see what an effect the frequent repetition of such a papian note have on the system. The modes of operation of the Papian and Gravitational in creating this, and other diseases, is a pleasing subject of enquiry, but on an occasion like the present we must pass it by with this brief notice, only remarking in conclusion that it is in general the painful papian which produce effects of this kind "pleasure producing expansion; propelling the fluids towards the surface; pain producing concentration, entripetal action" as remarked by Bravais. The one therefore promotes of health, the other of disease.



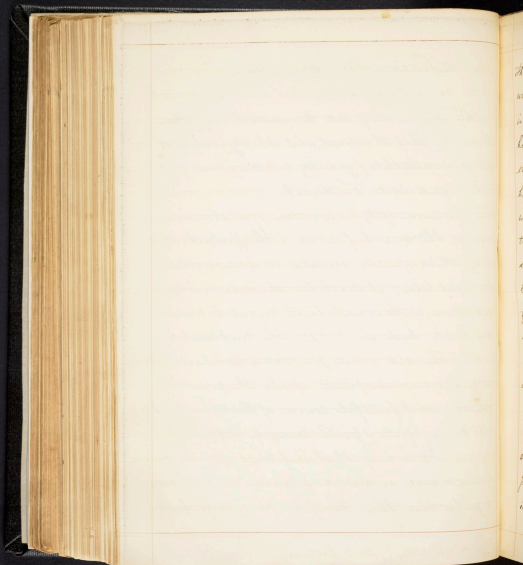


## Treatment of Typhopica.

This divides itself into two parts 1<sup>st</sup> an attention to the remote causes, and the regulation of the non-naturals (quaintly so called) and 2<sup>nd</sup> The Medicinal Treatment.

1<sup>st</sup> It is our duty to ascertain of what remote causes the case before us is the product. Every thing which can be convicted as a cause must be withheld; it must be removed as a vice qua non to the cure. With regard to sedentary habits, bad air &c &c. the treatment here is too obvious to need particular mention. But as to food and drink, of all the non-naturals the most fruitful source of the disease, it will be well to speak more in detail.

It is said that "every man of forty is either a fool or his own physician". If this adage be true, there must be many more fools

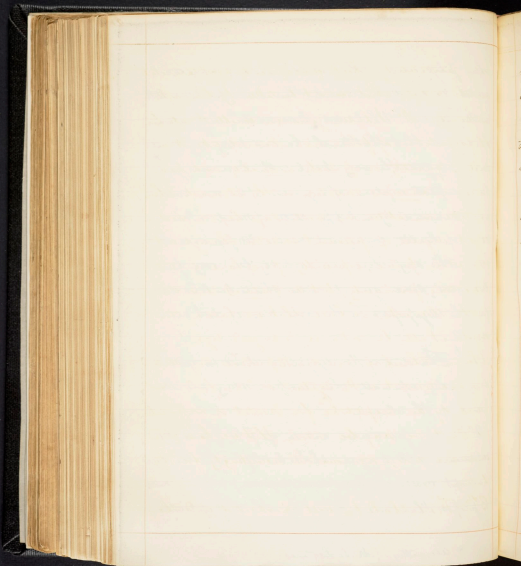


than physicians in this world! Now if every one would do as Cornaro did, there would be some profit in the <sup>(above)</sup> saying. "What did Cornaro do? Why, when he found that the trash he was every day swallowing, played the very Devil with Cornaro's guts," he adopted a plan of regimen of his own and was rewarded by a happy state of mind and a return of health, consequent on his temperance. But as at this day, there are probably few, very few Cornaros, some general rules should be laid down for the dyspeptic in the regulation of diet and drink.

1<sup>st</sup> The diet of the dyspeptic should be reduced in quantity, especially when overeating was the cause of the disease.

2<sup>nd</sup> Any particular article of food, found by experience not to agree should be left off. The sage's precept *crasce or avor* (*nonce tripsum*) is never more à propos than here. Every one, the dyspeptic in-

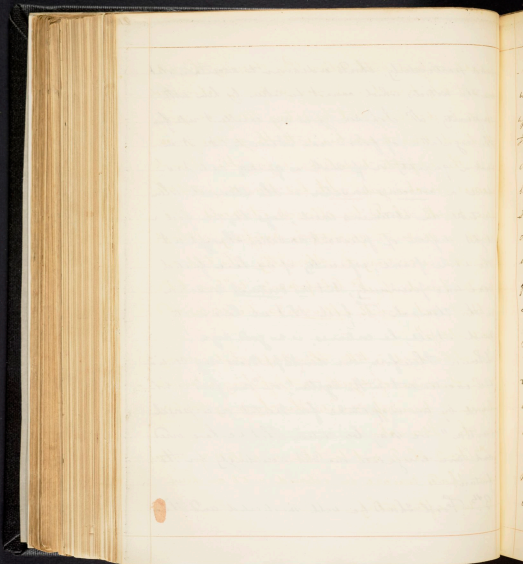
\* Abernethy! (M.F. Lectures)



valid particularly, should endeavor to ascertain what are the articles which cannot be taken by him with impunity. Dr. Johnson gives an excellent rule for the regulation of food - viz - Never to take it in such a quantity or of such a quality as to produce a conscious sensation in the stomach. When we take an abstemious meal, says he, we feel a slight degree of pleasant sensation throughout the whole frame, especially, if we have fasted some time previously, but no distinct sensation in the stomach. To feel that we have a stomach at all, he continues, is a good sign!

When, therefore, "our drink produces any sensible excitement in the system", or "our food is followed by an ineptitude for mental or corporeal exertion" we may be certain that we have erred, and are to regulate our diet accordingly for the future.

3<sup>rd</sup> Food should be well masticated and tho-



roughly imbued with saliva. By observing this rule we not only furnish a proper portion of saliva which assists in digestion, but by eating slowly we give the food time to combine with the gastric juice and the appetite to subside, before the stomach becomes overcharged. It has been disputed whether drink should be allowed at meals. No doubt a moderate quantity is necessary, although even this is contrary to Abernethy who told a female friend of Dr. Chapman's to "live like a bear; eat, drink afterwards, lie down and go to sleep."

4.<sup>th</sup> Solid food is better than soup, which according to Dr. Paris' idea of digestion, not possessing a suitable degree of firmness, ruins the churning motion of the Stomach.

5.<sup>th</sup> Food should not be taken in a state of fatigue, nor should canise be allowed until an hour or two after eating.





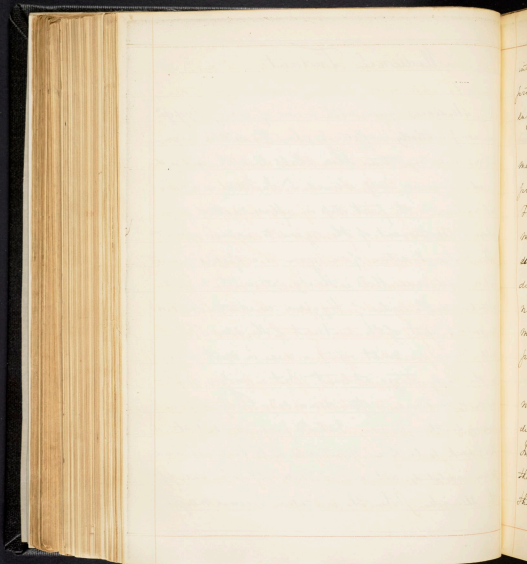
For the particular articles which are of difficult digestion and therefore improper, I refer to Paris or Diet.

In selecting food for the invalid some attention, however, should be paid to the individual's previous habits. National taste, especially, should be consulted. What would agree very well with a person of one nation, might disgust one of another. Even in our own country this holds good. Thus Dr. Chapman humorously says "The Virginian delights in his bacon and greens, and the Yankee will fetch his rights after cod-fish and potatoes!"



## Medicinal Treatment

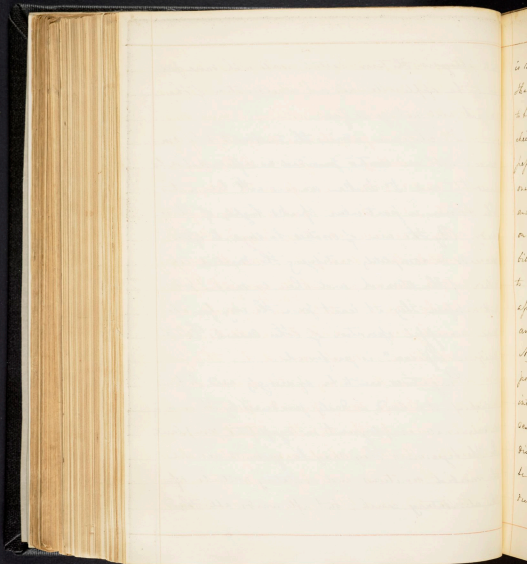
Medicines given with a view of curing Dyspepsia<sup>a</sup> are comparatively ineffectual when the dietetic regulations are neglected. These should be most rigidly enforced. Digestion itself, observed Dr. Jackson in a clinical Lecture, is the first step in inflammation, for there is excitement of the organs to increased action. The natural action of an organ is a species of irritation, and more blood is thereby determined to it. An attention to the rules of Hygiene constitutes the most important part of the treatment of the disease, and will I have no doubt effect a cure in most cases, in the early stages at least. But a proper application of Medicine is often demanded. Before proceeding further, however, I should premise that the treatment to be here mentioned will have reference to an irritated, not an absolute phlogosed state of the stomach. When the irritation becomes merged



into phlogosis, the term Catarrh would with more propriety be applicable, and our consideration of the subject will not go so far.

D<sup>r</sup>. Chapman advises the treatment to be commenced with an emetic, provided no inflammation be present; and D<sup>r</sup>. Drake concurs with him in this. The former in particular speaks highly of the remedy. By the use of emetics, he says, he often succeeds in completely rectifying the morbid condition of the stomach, and when so much does not happen, they at least pave the way for the more successful operation of other means. For this purpose Ipecac. is preferred.

Purgatives are to be sparingly used. Infinite mischief, it is said, is daily produced by their indiscriminate employment in dyspeptic complaints. In the beginning they may be given to remove the morbid secretions and irritating contents of the alimentary canal; but afterwards all that



is necessary is to produce one evacuation daily, and that of a solid consistence. Dr. Paris says it seems to be recorded in Galien that "nothing is more mischievous than active purgation in every stage of Dyspepsia." In selecting a purge, we should choose one which creates little uneasiness in the stomach and small intestines, but which acts principally on the colon & rectum, as Aloe, Sulfur &c. The biliary secretion being deranged, it may be necessary to combine a mercurial with the aperient. If there appear to be much irritation in the <sup>stomach</sup> bowels, an anodyne, as hyoscyamus, should be substituted. The Extract of Lilium is much lauded for this purpose in a late work. Very great gastric and intestinal irritation, being present, aperients can scarcely be given by the mouth without producing disagreeable effects, in which case injections should be used in their stead, made by a rigid system of diet. The morbid sensibility of the nerves is lessened.

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Counter-irritation is here very beneficial. For this purpose a plaster of Tartar Emetic and Burgundy Pitch is said to be far superior to blisters. The <sup>topical</sup> ~~topical~~ likewise affects much in calming irritation. Considering its salutary effect on the skin, and the extent of the cutaneous-intestinal sympathy, this was to be expected.

Dr. Johnson describes a state in which there is irritation throughout the whole nervous system, dependent on irritation of the stomach, in which it is necessary to keep up a steady soothing effect on the gastric nerves by anodynes. The liver being here also much disturbed, the indication is to keep the irritation in check and at the same time to correct the irritated state of the biliary secretion. For this purpose two or three grs of hyoscyamus, 1 gr. of Blue Pills and two of the Comp<sup>d</sup> Powder of Opium<sup>a</sup> every six hours answer very well.

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dent on the viscera, is best removed by lime-water. Magnesia &c. In cardiac the ley of history edles was the only thing which relieved Dr. Physick. For the formula of its preparation I refer to Chapman's Therap.<sup>oo</sup>

The oxide of Bismuth I have known very serviceable <sup>in dyspepsia; sub. int.</sup> here.  $\text{R}^{\circ}$  Bismuth — Anagis  $\text{aa}$   $\text{ʒi}$   $\text{ʒss}$  and dissolved in pulv.  $\text{ʒi}$  12 — one three times a day. Where acidity prevails much with a disposition to pain and flatulence, the following formula is well recommended.

$\text{R}^{\circ}$  Magnes. Carbonat.  $\text{ʒss}$

———— Sulfatis  $\text{ʒiij}$

Spir. Amm. Aromat.  $\text{ʒi}$

Tinct. Rhei — —  $\text{ʒss}$

———— Hyoscyam.  $\text{ʒss}$

Aqua Ment. Sativa  $\text{ʒiv}$   $\text{ʒss}$

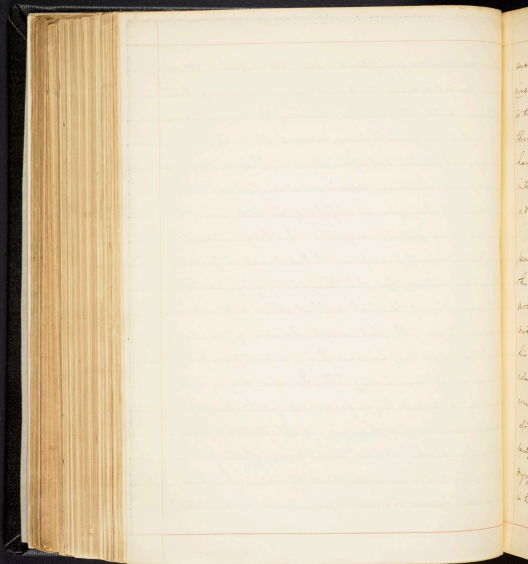
fiat Tinct.<sup>o</sup> cujus caput each i mag. bis terre in dis. Where there are fetid eructations, Charcoal is a most excellent remedy.

The sympathetic affections of the head, heart &c. and

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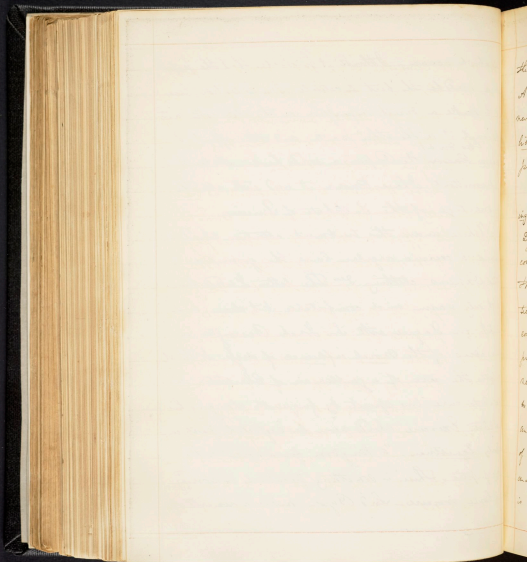
these anomalous symptoms about the bladder &c. require no particular treatment, as they generally disappear with the disease which produced them.

All irritation being removed, tonics may be necessary, but this is not often the case. Determining on the propriety of their administration, however, the Sulphate of Quinine is confessedly the best; and I believe no other will be required. In the practice of my Father and preceptor, it has nearly superseded all other bitters, for it is thought to possess all the good qualities of the rest without their bulk and other disadvantages. *R* Sulph. Quinine gr. 16 - Aqua Pont. ℥ss - *℞* Sulph. and L.S., a tea-spoonful three or four times a day. The Quinine may be applied externally to denuded surfaces, with great advantage as mentioned by Dr. Chapman, if its internal administration should at any time seem objectionable - that is, if a tonic is required at the time. In cases where this article does not agree - and I have known



such to occur. - I think it probable that the pepsine, would be the best substitute. Our intention here is to make a direct impression on the stomach, and through it on the other parts; and this effect I have <sup>no doubt</sup> ~~known~~ the Pepsine would have; at least in intermittents I have known it used with all the advantage of the Sulphate of Quinine.

While under this treatment, attention should be paid to exercise, regular hours, the governance of the Pepsine, clothing &c. The latter I would have not only warm and comfortable, but clean and neat, for I agree with Sir Isaac Barrington in his ideas of the Moral influence of dress. Dr. Ross relates the case of a gentleman of Charleston who used to cure low spirits by frequently changing his clothes. Exercise should never be neglected, particularly Equestrian - "a kingdom for a horse" to the dyspeptic. There is something peculiarly inspiring in horse exercise - Lord Byron makes a remark of





the Wind somewhere in one of his poems (in a note)

A young Frenchman told him that his feelings were never so buoyant, that he never felt the spirit of liberty as when within <sup>him</sup> — as when bounding over the plains of Syria on a fine horse.

No mode of exercise is so beneficial as travelling, especially when Hypochondriacism is connected with Dysp.<sup>a</sup> Its effects on the moral as well as physical condition of the invalid are most signal. Being thereby removed in a great measure from the perplexities of business, from many of the "corroding cares" and conflicting passions which torment him at home, and presented in their stead with a continued succession of new and interesting objects, the mind has not time to brood over former sorrows, or to indulge in gloomy anticipations of the future, but <sup>is</sup> the perpetual change of scene it is kept amused, and soon becomes serene and even cheerful; while the body, in the mean time is invigorated by the exercise, the fresh air, and

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the healthy influence of the increasing mental exhilaration. The appetite is soon improved, and likewise the powers of digestion and assimilation; this improved condition of the stomach and bowels radiates a healthy influence on all parts of the body, on the mind particularly, and these reacting on each other, mutually unite in restoring perfect health.

Finis



Post scriptum.— On looking over the preceding pages, I perceive some passages which might very well have been omitted; but with more regret I find that parts have been left out, which certainly should not have been passed over in silence. Thus, it should have been stated, that

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the proximate cause of the disease appears to be owing to an  
irritation of the stomach, attended with irritated secretion, and  
also very commonly with debility in its muscular fibres, owing  
to frequent distention, which last was also considered by for-  
mer pathologists as the prox. cause. The distinction between  
this disease, or a form of it (Gastralgia) and chronic Gas-  
tritis, might have been advantageously drawn. The use of  
leeches to the epigastrium to assist in allaying irritation, - of  
the mineral tonics, when tonics are required (as recommended  
by Dr. Blaisdell) - and of the blue pill <sup>at night</sup> with a gentle laxative  
in the morning (the Abernethian plan) in intractable cases,  
(cum melleo alio) might all have been dwelt upon with propriety; but as I  
know it would not be wished of me that I should waste  
time (when time is so precious) in re-copying so long a pa-  
per, I confidently commit <sup>it</sup> such as it is, (uncorrected  
by any friendly hand) to that indulgence which I trust  
will be extended towards it.

